



Ruth Jarvis

## 100 Mile Swimmer

Wave 10-28-82

Mrs. Ruth Jarvis, completed swimming 100 miles at the Wasatch Community Pool on their American Red Cross "Swim and Stay Fit" program.

Ruth married Dr. Kelly Jarvis, and they have four children, Kasey, Betsy, Katie and Charlie.

Active in the church she works in the primary organization.

She graduated from Ricks college in 1972 with a B.S. in Elementary Ed. and Early Childhood Education.

A native of Illinois she moved to Utah in 1977, and enjoys swimming, bike riding and walking. Her hobbies are sewing, reading and cooking.

Commenting on the program she stated, "I enjoy swimming and plan to swim as often as possible."

## Kelly Jarvis

The Utah Chiropractic Association installed its new officers for 1987 at the Westin Hotel-Utah on January 24.

Dr. Kelly B. Jarvis, Heber City, was elected president assuming the position vacated by Dr. Jeffrey Wheeler, Ogden, who served for two years.

Dr. Larry Higginson, Salt Lake City, was elected vice-president. Dr. Patrick Egbert, West Jordan, was elected secretary. Dr. Jay Sorensen, Provo, was elected treasurer — assuming the position of Dr. Allen Billeter, Salt Lake City, who served for more than 20 years.

The 200 member chiropractic association is an affiliate of the American Chiropractic Association, Arlington, Va.

The results of the election were announced at a black tie affair held in the Lafayette Ballroom



Kelly Jarvis

ON  
NOVEMBER 8th

—VOTE—

**KELLY B.  
JARVIS**

Heber City  
Councilman



## Wasatch Chiropractic Offices



BACK PAIN  
TREATMENT CENTER



Heber  
906 So. Main

DIAL  
**654-3032**

1984  
Dr. Kelly B. Jarvis  
Chiropractor

Place

WIFE'S  
MOTHER

**SURNAME**

WHEN BORN

DAY MONTH YEAR

lane / SLAAN

Russell "

1849

1856

Contig

Dr. Kelly Jarvis, of Heber City, recently completed swimming 200 miles at the Wasatch Community Pool on the American Red Cross Swim and Stay Fit Program. Dr. Jarvis operates the Wasatch Chiropractic Clinic. He and his wife Ruth have three children. An outstanding swimmer, he enjoys canoeing, rowing, sailing and racquetball and he is active in the LDS Church. He swims during the Early Morning Swim Program and plans to continue.

DR. KELLY JARVIS



## Accomplished Swimmers

4B Wasatch Wave Heber City, UT 84032 Thursday, January 21, 1982

: OF FIRST MARRIAGE

DAY

/HOM

John KELLY

Umsatz v. RE

**4B Wasatch Wave** Heber City, UT 84032 Thursday, January 21, 1982

## Accomplished Swimmers



**DR. KELLY JARVIS**

Dr. Kelly Jarvis, of Heber City, recently completed swimming 200 miles at the Wasatch Community Pool on the American Red Cross "Swim and Stay Fit" Program.

Dr. Jarvis operates the Wasatch Chiropractic Clinic. He and his wife Ruth have three children.

An outstanding swimmer, he enjoys canoeing, rowing, sailing and racquetball and he is active in the LDS Church. He swims during the Early Morning Swim Program and plans to continue.

# Chiropractor Attends Seminar

3 May 1984 Wave

Dr. Kelly B. Jarvis recently attended a seminar on the classification, diagnosis, and treatment of the most common causes of low back pain in Denver, Colorado.

The seminar drew as its sources of references, the work of Dr. Kirkaldy-willis, immediate past president of the International Society for the Study of the Lumbar Spine and author of *Managing Low Back Pain*. Also drawn as reference was the work of Dr. James Cox using the distraction method, which is drawing greater attention in its non-surgical approach to low back disk problems.

The doctors attending the seminar learned about the new

arena of preventive spinal hygiene and ergonomics (proper working postures.) These preventive techniques are taught through "back schools."

The purpose of the seminar is to encourage the conservative management of back problems away from drugs and surgery towards prevention and physiotherapy/-manipulative therapy.

The seminar discussed the findings of Lind, Farfan, Cyriax, White and Punjabi, Hookins and Hicky, and Herlin to mention a few. These clinicians have all contributed substantial new knowledge about the low back.

The seminar was sponsored by the National College of Chiropractic Postgraduate School, Chicago, Ill.

Interest Group fireside at the Heber Stake Center. Mr. Huber is in charge of the food for the astronauts. He spoke on self-esteem and the need for each person to feel needed and had the love of a father in heaven that loves them.

The robins are busy building their nests so I guess it must be spring.

Norma Fitzgerald, Ray Sonderregger, Alberta Provost and Vane and Marian Provost of American Fork went to Santa Barbara, California for the funeral of their brother John Edward Sonderegger who died at the age of 68 of a massive heart attack. His funeral and burrial was Friday. They arrived home Sunday night.

Roger and Kaye Graham of Brem and their children B.J. who is four years old and Haley, two, are staying here with the children of Allen and Jane Toronto. Sunday Allen and Jane went to Texas to a special clinic for Jane's health.

Our prayers for her are many.

mother Ginger and father Richard Joseph Horrocks II. An Uncle Keith Horrocks gave the closing prayer.

80 friends and relatives from out of town met at the Horrock's home after meeting for lunch and visiting.

Allen and Shelly Luke are the proud parents of their 4th child a boy born, Friday, April 20, 1984.

Brent and Lisa Palmer have their number two child, a girl born, Sat. April 21, 1984.

At the Midway Third Ward Audrey Hill was sustained as the CTR A primary teacher. Lois Ivers was sustained as Camp Specialist.

David and Sherry Omans have purchased a 2 acre real estate property south of Richard Horrocks. They moved here Friday with their trailer home. They plan to start building their home soon. Mr. Omans works as a commercial artist for Mountain Bell. He also loves fine art and sculpturing. Mrs. Omans is also an artist. She enjoys painting wildlife.

# 150 Mile Swimmer

Recently completing swimming 150 miles at the Wasatch community swimming pool was Mrs. Ruth Jarvis.

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Ruth was born in Illinois but has lived in Utah since 1977. Her

